

THE QUIET HOUR

But One Course to Secure
True Peace of Mind

SEEK FIRST THE SAVIOR

THERE are three things which greatly disturb the peace of mind of many. Fortunately, these causes of their unhappiness are all covered by definite promises of God. And just in the degree that they trust him to make good those promises will they be relieved of anxiety and made happy.

The first of these disturbing causes relates to their temporal necessities. It is expressed in these words: "What shall we eat, what shall we drink, wherewithal shall we be clothed?" These bodies of ours and of those dependent upon us—how shall they be provided for? Their wants are so many and so constant; the income is so slender and so uncertain; there is so little bread for a rainy day or for the time of old age. Shall we not come to actual want?

Here is the promise—it is only one of many relating to the same thing: "The young lions do lack and suffer hunger, but they that trust in the Lord shall not want any good thing." That promise has been the only back account of many a widow and aged one, and has never failed. God's care and support are as constant as your need. Your Heavenly Father knows that you have need of all these things. Put yourself in his care. Lean back upon his promise. If you pass through the wilderness go out each day to gather the manna which rains from the clouds. It will come some way, from somewhere. Not in armfuls or basketfuls, perhaps, but in daily rations. Sufficient unto the day is the provision thereof. Not in dainties and luxuries, but in plain, substantial, healthful diet. It is ours to plan and execute the best we know how; it is God's to do the rest.

Look to God's Promise.

The second cause for worry relates to the providences of life. So many things occur that are, oh! so hard to bear. Hard-earned money is completely lost. A fair reputation is ruthlessly assailed. One dearly beloved is taken away and the heart is desolate and lonely. Sickness enters the home, and weeks and months are spent watching solitarily by the bedside of one whose lifetime, so recently in its flow, is slowly ebbing away.

Here is the promise: "All things work together for good to them that love God." Do you love God? Then accept the promise and trust him to fulfill it. He can do it. He will do it. Just the experiences through which you pass are what you and all those affected by them need. "Behold, happy is the man whom God correcteth. Therefore despise not the chastening of the Almighty."

Oh, for that sweet and tender, yet firm and unshaken trust in God that will lead us to put ourselves into his hands in order that he may by chastening and correction, so mold and fashion us that our characters shall unfold in beauty and our highest destiny shall be worked out. Oh, for a trust in God that will make us feel that what he orders is best, that he can make no mistake, that he does not put one single grain more of bitterness in our cup than is needed to make it medicinal and curative. Begin with God. Accept him as your Lord! Then believe that all the occurrences of life are surrounded by him and result in his glory and your good. That will contribute in no small degree to your happiness.

Make Sure of Soul's Salvation.

The third cause of unhappiness with many is their uncertainty with regard to the salvation of their souls. They have good reason to feel disquieted if they have not made their peace with God.

The relation of the soul to God is of the first and greatest importance, deserving and demanding consideration and settlement. And it naturally comes up, when we are reminded of the flight of time and of the passing away of so many whom we knew and loved.

No question is settled finally until it is settled right. It is so with the salvation of the soul. But note! God would free us from all anxiety about this great matter. He has sent his Son into the world to live as our example and to die for our sins, thus making our salvation possible. Then he gave us a simple direction what to do to make our salvation sure, viz., to repent of sin and trust in Jesus Christ. No one can say, "I cannot do that," for God makes it possible for every one who really wants to. What peace is ours when our sins are forgiven! What assurance we have that all is well when we have left this matter entirely in the hands of our great Advocate and Savior and Judge.

Trust God to supply you with all things needful for the body! Trust God to bring good to you out of every experience of life. Trust God, above all, through Jesus Christ his Son, to work out for you a free and full salvation!—Rev. Aime Vennema, D. D.

Open the door of your heart for Christ, and he will open the door of heaven for you.

CLEVER WORK IN IMITATION

How One Woman Got a New Hat, in Height of Style, in an Economical Way.

An ingenious woman, with the imperative need for remodeling her picture hat in mind, paused before a display of imported headgear, and, with wistful eyes, took in the detail of one fascinating black and white "creation," which was trimmed with heavy white silk ribbon, woven with very narrow black velvet stripes. Anything even approaching the quality of that ribbon or giving the handsome effect of it would be quite beyond the small amount which she would be able to spend on the renovating, but an idea came to her as she stood there, and when she returned home she put it into swift execution. In her box of wide ribbon for girdles and sashes was some of heavy white silk, and among her stores she had laid aside several bunches of the narrowest black velvet ribbon, once used for little collar "dangles," but still in perfectly good condition, needing only to be passed—pile upward—across a fairly warm flatiron. This velvet ribbon she stitched in exact, even rows along the heavy white silk sash-ribbon selected for the purpose, and the desired trimming for a very up-to-date and most becoming chapeau was hers without any expenditure whatever.

PLUMES NOT YET DISCARDED

Despite Rumors to the Contrary, They Are to Be More Used Than in Previous Seasons.

While one party declares that feathers will not be seen on hats for summer, in the opposite camp the plumage of the ostrich is used in more various ways than ever before. The Prince of Wales plume appears in every possible guise. On several small turbans seen in a millinery exhibition last week a single long slender feather with the peculiar curve that places it in the Prince of Wales class was caught directly in front on the extreme edge of the brim, and on larger hats there were coardest formed of many small feathers, having the same form. Feather bands are used for bordering hats, especially the tricorne, and usually curl over the edge like a thick, soft binding. One wide hat has a little band under the brim—it is hardly more than half an inch wide—formed of short ostrich feathers caught over a tape, with both ends secured underneath. The ostrich tassels, which made their appearance during the winter, have ceased to be a rarity and are seen in more fanciful shapes than formerly.—New York Tribune.

STUNNING BLACK HAT.



The newest and best looking summer hats all have a rolled or upturned brim, either in front or on the side, and a stunning example of the latter is pictured, taken from a model in black picot straw. Its only decoration is a rosette of fine white lace placed on the right side where the rolled brim is fastened to crown.

Novel Handkerchief Case.

A convenient handkerchief case is made from two yards of 6-inch ribbon, cotton batting and sachet. The ribbon should be of two colors or a figured and plain effect. The strips are overcast together to within five inches from the top. The opposite end is turned in to the depth of ten inches and has a layer of the scented cotton slipped between. This double fold is then overcast to the rest of the silk to make a 10-inch pocket, leaving a turnover of an inch of the stitched strip, and the separate points to fold over the pocket like the flap of an envelope.

The separate ends of the ribbon, laid in fine plaits about half way down the end, are cut in a bias line or a point, as preferred.

These cases are so quickly made that they make excellent gifts at any time.

For Stout Women.

Skirts are still attached to a slightly high belt, unless it is better to accentuate the waist line for those who are not slim and straight. In a word, to the woman who has increased in weight nothing will be more becoming than the softly draped surplice waist, which cannot be surpassed in grace, and a skirt unbroken in length. She can create on this foundation, as her fancy may dictate, a thousand original ideas—panels of lace, bands in lengthwise strips—but always must bear in mind that good results are achieved only when the lines are long and simple.

The best-gowned women recognize this unfailing rule, and cleverly adapt the French designs.—Harper's Bazar.

Temperance

DRINKING AMONG THE WOMEN

Not Only Ignorant and Criminal Who Give Way to Appetite, but Many of Superior Intelligence.

This is, of course, a very important subject. I have worked a good deal among women; and you have only to work among women to feel what this subject means. When the wife is a drunkard, the home is truly miserable for the husband, the children, and the woman herself. The woman will do anything to get money for drink, writes Mrs. Guy Saint in Temperance. But it is not only women in that class. It is not only the ignorant and the criminal who give way to this; it is often the most intelligent who have fallen the victims to it. Now, how is it that this takes place? What is the reason of this extraordinary power that drink has over people? If we are going to work amongst women, we must realize what this extraordinary power of alcohol is. Alcohol has a great effect upon the liver and other organs of the body, but I want to speak especially of the effect on the controlling part of the mind. When any thought comes into your mind, that thought tries to express itself in action, and it does not do so because you have the controlling power, which says, "No, that is not a thing for me to do." Your power of saying "No!" your power of expression or remaining silent, your power to make you speak when speaking is a great effort—all that is the controlling power of your mind; and it is extremely important, because it helps to make or mar your character. After all, our character is the thing that we are making in this world—the one thing that we are carrying beyond it. Therefore our character is extremely important; and alcohol has an influence over that character; it can injure it, and therefore it is an extremely dangerous thing. How is it that alcohol has this power over people? How is it that they can so easily take it to excess? Now, I think there are three points we might take up. The first is that alcohol is always so handy. It is so handy, too, in large houses, for the servants can easily get it in many cases. Then, people can now order it from their grocers, and ladies can get it at railway refreshment rooms, and so on; you have no idea of the harm it does. It is so handy that the temptation is always there. Then, secondly, there are so many occasions for taking it. People are so ready to suggest, "Have a little wine, or spirits." You know, it is the rush of today. We allow no time for anything; and among the poor people, too, there is a continuous rush. A great many of the women in our large cities have to be up early to go and clean offices, and they go back again in the evening. It is always a rush to and fro, and during these rushes they think they will have just a little of this and that, instead of taking food, which is what they want. All these women want teaching, and that is what we have to do—try to educate the women. We do want these women to realize that alcohol is not a thing to fall back upon. They use it for an emergency, and once you begin to make emergencies, they come one after another. Alcohol is not the best thing to nurse upon. You want plenty of fluid, that is true; only a good nursing mother wants to be as placid and as calm as possible, and alcohol is not conducive to placidity and calmness. Nursing mothers are much better by taking plenty of milk, even weak tea, or pure water. The third reason is: How do we know in taking alcohol when we have had sufficient? "Oh," you say, "any one with a little common sense knows that." Now, this is a very important point. You say you know. It is your judgment or discretion that teaches you when you have had enough. We find that alcohol, even in small doses, influences your judgment; your judgment is not so good after you have taken alcohol as it was before you did so. It is this judgment on which you are depending as to whether you have had enough. Your judgment that you were going by has been altered. I think that, if you consider these points you will partly understand the reason why so many take to drink to excess. Lastly, alcohol is absolutely unnecessary to health. Is it safe to deal with a beverage which has such very real potential dangers?

Poverty by Alcohol.

General Booth, in his book, "Darkest England and the Way Out," in speaking of the drink traffic, says: "Nine-tenths of our poverty, squalor, vice and crime spring from this poisonous tap-root. Society, by its habits, customs and laws, has greased the slope down which these poor creatures slide to perdition."

"No one fact, other than the hard fact of poverty itself, confronts social workers, in whatever field they may be engaged, so constantly as alcoholism."

Scotland's Drink Bill.

When we compare Scotland's drink bill for 1902 with 1910 we are surprised at the enormous reduction within the period. In 1902 Scotland was spending on liquor £3 12s 2d per head, but in 1910 it had fallen to £2 13s 2d—19s less per head than in 1902. That is to say, Glasgow saved over £350,000, and Edinburgh over £300,000. None of that money went into the drink trade.—Everybody's Monthly.

MISTAKEN FOR MURDERER

Dock Sims Dies at Trenton of Wounds Inflicted.

The negro, Dock Sims, who for several days last week was chased through the bottoms of Gibson county and finally wounded, died at the jail in Trenton Friday night, still asserting his innocence of the murder of Miss Ewell, of Lagrange.

He confessed to having stolen a wagon load of meat from a freight car in Jackson and to several other offenses and it was for these that he thought he was wanted by the posses from which he fled.

Sid Dunlap, who murdered Miss Ewell, from description given in the reward offered, was in some particulars like the dead man, but there are sufficient discrepancies between the descriptions of the two men to bear out statements of Sims as to his innocence.

The remains were interred at the county's expense.

Escapes an Awful Fate.

A thousand tongues could not express the gratitude of Mrs. J. E. Cox, of Joliet, Ill., for her wonderful deliverance from an awful fate. "Typhoid pneumonia had left me with a dreadful cough," she writes. "Sometimes I had such awful coughing spells I thought I would die. I could get no help from doctors' treatment or other medicines till I used Dr. King's New Discovery. But I owe my life to the wonderful remedy for I scarcely cough at all now." Quick and safe, it's the most reliable of all throat and lung medicines. Every bottle guaranteed, 50c and \$1.00. Trial bottle free at Patrick Drug Co.

Dave L. Simmons.

Dave L. Simmons, a splendid citizen of the Tenth district, died Monday night, April 16, from a stroke of paralysis. He had been stricken for nearly a year and was in practically a helpless condition during most of that time. He was 87 years old and was survived by six children. The burial occurred at Ephesus, after funeral services conducted by Rev. Arnold.

John D. Rockefeller would go broke if he should spend his entire income trying to prepare a better medicine than Chamberlain's Colic, Cholera and Diarrhoea Remedy for diarrhoea, dysentery or bowel complaints. It is simply impossible, and so says every one that has used it. Sold by all dealers.

Take the Democrat a year.

Booklovers' Contest

Inaugurated by the Tennessean and American.

The great Booklovers' Contest which was just opened by the Nashville Tennessean and American has proven immensely popular.

\$5,200 are offered in prizes. The first prize is \$1,000 in cash; second, \$500; third, fourth, fifth and sixth, pianos, and on down a list of 300 valuable articles.

Any one can enter The Tennessean and American contest any time. A knowledge of books is not necessary. In reality the contestants are simply paid for having fun. Read The Nashville Tennessean and American for particulars or write

Tennessean and American
The Booklovers' Contest Editor
Nashville, Tenn.

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